

THERAPEUTIC RECREATION

The Friendship Center in collaboration with Easter Seals of Central Pennsylvania is proud to offer therapeutic recreation programs for children and adults with disabilities. To participate in Easter Seals program an additional \$20 one-time annual registration fee must be sent to:



EASTER SEALS CENTRAL PA
Attn: Therapeutic Recreation Department
2201 S. Queen Street, York, PA 17402
For additional information, please go to
www.eastersealscentralpa.org
or contact Matt Ernst at 591-7027.

"Splash It Up" (All Ages) (6 classes)

Designed for the needs and abilities of participants with disabilities or special needs, as well as, a friend or sibling. Lessons adapted to the level of swimmer. Lessons are 1:1 or 1:2 ratio. Learn safety, swimming skills, physical fitness social interaction skills.

Dates: Thurs., 6-6:30 p.m., Mar. 22-Apr. 26 (#13779)
Thurs., 6:30-7 p.m., Mar. 22-Apr. 26 (#13780)
Thurs., 7-7:30 p.m., Mar. 22-Apr. 26 (#13781)
Thurs., 6-6:30 p.m., May 17-June 21 (#14091)
Thurs., 6:30-7 p.m., May 17-June 21 (#14092)
Thurs., 7-7:30 p.m., May 17-June 21 (#14093)

Location: Friendship Center, Leisure Pool

Fee: \$90R/\$93NR/\$85M

Carribean Snorkeling Day w/Ron (12 & up)

Have fun and learn how to snorkel.

Date: Sunday, April 1, 1-3 p.m.

Location: Friendship Center, Lap Pool

Fee: \$45 per person (#14154)

Active Art w/Pat (10 & up) (6 classes)

Make projects/have fun. Therapeutic Specialist on site.

Dates: Sat., 10-11 a.m., Apr. 14-May 19

Location: Friendship Center, Room 109

Fee: \$85 per person (#14153)

AKC Canine Good Citizen (Ages 10 weeks +) (7 weeks)

This program stresses responsible ownership for owners and basic good manners for dogs. Six hours of instruction are provided, reinforcing the 10 skills required to earn the AKC Good Citizen certification. The 7th class is the test.

Dates: Sat., 10:45-11:45 a.m., Apr. 7-May 19

Location: Friendship Center, East Patio

Fee: \$125R/\$135NR/\$100M (#14147)

SWIM LESSONS

Parent/Tot I (Ages 3 years and under) (8 classes)

Orientation to water awareness and water safety.

Parent/child.

Dates: Tues., 10:10 a.m., Mar 29-May 15 (#13923)

Tues., 5 p.m., Mar. 29-May 15 (#13924)

Wed., 9:30 a.m., Mar. 30-May 16 (#13925)

Sat., 10:10 a.m., Mar. 31-May 19 (#13926)

Sat., 10:50 a.m., Mar. 31-May 19 (#13927)

Location: Friendship Center, Rec. Pool

Fee: \$73R/\$77NR/\$56M

Parent/Tot II (Ages 3 years & under) (8 classes)

Pre-requisite: Parent/Tot I

Orientation to water awareness, water safety and beginning water skill development. Parent/child.

Dates: Tues., 10:50 a.m., Mar. 27-May 15 (#13931)

Tues., 5:40 p.m., Mar. 27-May 15 (#13929)

Wed., 10:10 a.m., Mar. 28-May 16 (#13930)

Wed., 6:20 p.m., Mar. 28-May 16 (#13932)

Sat., 9:30 a.m., Mar. 31-May 19 (#13928)

Location: Friendship Center, Rec. Pool

Fee: \$73R/\$77NR/\$56M

Twos Tots (Age 2) (8 classes)

Pre-requisite: Parent Tot I/II (no exceptions).

Dates: Mon., 5:40 p.m., Mar. 26-May 14 (#13935)

Tues., 10:50 a.m., Mar. 27-May 15 (#13936)

Sat., 11:30 a.m., Mar. 31-May 19 (#13934)

Sun., 12 p.m., Mar. 25-May 20 (#13933)

Location: Friendship Center, Rec. Pool

Fee: \$73R/\$77NR/\$56M

Tiny Tots (Age 3) (8 classes)

Water skill development and safety.

Dates: Mon., 9:30 a.m., Mar. 26-May 14 (#13937)

Wed., 10:50 a.m., Mar. 28-May 16 (#13941)

Wed., 5 p.m., Mar. 28-May 16 (#13940)

Thurs., 10:50 a.m., Mar. 29-May 17 (#13939)

Sat., 8:10 a.m., Mar. 31-May 19 (#13942)

Sat., 10:50 a.m., Mar. 31-May 19 (#13938)

Location: Friendship Center, Rec. Pool

Fee: \$73R/\$77NR/\$56M

Angel Fish I (Ages 4 & up not able to swim) (8 classes)

Water awareness, water safety and skill development.

Dates: Mon., 10:10 a.m., Mar. 26-May 14 (#13946)

Mon., 5:00 p.m., Mar. 26-May 14 (#13943)

Tues., 6:20 p.m., Mar. 27-May 15 (#13944)

Thurs., 9:30 a.m., Mar. 29-May 17 (#13947)

Sat., 8:50 a.m., Mar. 31-May 19 (#13945)

Sun., 12:10 p.m., Mar. 25-May 20 (#13948)

Location: Friendship Center, Rec. Pool

Fee: \$73R/\$77NR/\$56M

SWIM LESSONS (CONT.)

Angel Fish II (Ages 4 and up, not able to swim) (8 classes)

Prerequisite: Angel Fish I — Water skill development in preparation for Blue Fish.

Dates: Mon., 10:50 a.m., Mar. 26-May 14 (#13954)
Tues., 9:30 a.m., Mar. 27-May 15 (#13950)
Wed., 5:40 p.m., Mar. 28-May 16 (#13949)
Thurs., 5 p.m., Mar. 29-May 17 (#13952)
Sat., 8:10 a.m., Mar. 31-May 19 (#13953)
Sat., 9:30 a.m., Mar. 31-May 19 (#13951)

Location: Friendship Center, Rec. Pool

Fee: \$73R/\$77NR/\$56M

Blue Fish (Ages 4 and up) (8 classes)

Water safety and water skill development. Prerequisites: jump into water, swim 1/2 length on stomach and back and hold breath for 20 seconds.

Dates: Mon., 6:20 p.m., Mar. 26-May 14 (#13955)
Mon., 7 p.m., Mar. 26-May 14 (#13959)
Wed., 7 p.m., Mar. 28-May 16 (#13960)
Thurs., 10:10 a.m., Mar. 29-May 17 (#13956)
Thurs., 5:40 p.m., Mar. 29-May 17 (#13957)
Sat., 8:50 a.m., Mar. 31-May 19 (#13961)
Sat., 11:30 a.m., Mar. 31-May 19 (#13962)
Sun., 12:50 p.m., Mar. 25-May 20 (#13958)

Location: Friendship Center, Rec. Pool

Fee: \$73R/\$77NR/\$56M

Cat Fish (8 classes)

Water safety, skill development, and refinement. Prerequisites: Jump into deep water, tread water for 30 seconds, swim length of pool on stomach and back, surface dive and retrieve ring.

Dates: Tues., 7 p.m., Mar. 27-May 15 (#13963)
Thurs., 6:20 p.m., Mar. 29-May 17 (#13964)
Sat., 10:10 a.m., Mar. 31-May 19 (#13966)
Sun., 1:30 p.m., Mar. 31-May 19 (#13965)

Location: Friendship Center, Lap Pool

Fee: \$73R/\$77NR/\$56M

Dolphins (8 classes)

Continue learning skill progressions with focus on stroke development. Must be able to swim the length of the pool.

Dates: Thurs., 5:30 p.m., Mar. 29-May 17 (#13967)
Sun., 2:10 p.m., Mar. 25-May 20 (#13968)

Location: Friendship Center, Lap Pool

Fee: \$73R/\$77NR/\$56M

Eels (8 classes)

Must be able to swim the length of the pool. Competitive stroke improvement.

Dates: Thurs., 5:40 p.m., Mar. 29-May 17 (#13969)
Sun., 2:50 p.m., Mar. 25-May 20 (#13970)

Location: Friendship Center, Lap Pool

Fee: \$73R/\$77NR/\$56M

AQUACISE

Competitive Swimming Clinic (Ages 6+) (8 classes)

Progressive and advanced skills in all 4 strokes, starts, turns and finishes. Emphasis on stroke refinement, drills and endurance. Pre-competitive and competitive level. Not swimming lessons.

Dates: Thurs., 5-5:40 p.m., Mar. 29-May 17 (#14090)
Sat., 11:30-12:10 p.m., Mar. 31-May 19 (#14089)

Location: Friendship Center, Lap Pool

Fee: \$73R/\$77NR/\$56M

Adult Learn to Swim (Ages 16+) (8 classes)

Dates: Thurs., 7-7:40 p.m., Mar. 29-May 17

Location: Friendship Center, Lap Pool

Fee: \$73R/\$77NR/\$56M (#13971)

Home School (Ages 5-12) (8 classes)

No instruction, open swimming. Meet new friends.

Dates: Tues., 11 a.m., Mar. 27-May 15 (#13972)
Fri., 1 p.m., Mar. 30-May 18 (#13973)

Location: Friendship Center, Leisure Pool

Fee: \$32R/\$35NR (Members free)

Private Swim (6-1/2 hour lessons)

Instructors available to provide private swim lessons.

Dates: By arrangement, registrants will be contacted.

Location: Friendship Center, Pool

Private: \$160R/\$170NR/\$130M (#13974)

***Group-Private (class of 4):** \$105R/\$110NR/\$75M per person (#13977) (*must register as group.)

***Semi-Private (max two):** \$230R/\$240NR/\$180M (#13975) Note cancellation policy when registering!

Aquatic Arthritis w/Mary Jo (no discounts)

Range of motion exercise for flexibility/coordination.

Session I (20 classes): Mon./Wed./Fri., 10:45-11:45 a.m., Apr. 16-June 1

Fee: \$74R/\$77NR/\$53M (#14046)

Session II (12 classes): Mon./Wed./Fri., 10:45-11:45 a.m., June 4-29

Fee: \$52R/\$55NR/\$32M (#14047)

Location: Friendship Center, Therapy Pool

Aqua Fitness w/Roxanne (20 classes)

Various types of equipment will be used to increase the heart rate while toning core muscle groups. Also different exercise modalities to stretch length and increase body movements. Great overall workout.

Dates: Mon./Wed., 6:15-7:15 a.m., Apr. 16-June 25 (#14048)

Tues./Thurs., 6:15-7:15 a.m., Apr. 17-June 21 (#14049)

Location: Friendship Center, Therapy Pool

Fee: \$74R/\$77NR/\$53M

AQUACISE

Aquacise For Fun w/Joanne (20 classes)

Try a little bit of everything!

Dates: Mon./Wed., 7-8 p.m., April 16-June 25

Location: Friendship Center, Lap Pool

Fee: \$74R/\$77NR/\$53M (#13978)

Aquacise w/Bonnie (20 classes)

Power packed, cardio workout w/little stress on joints.

Dates: Tues./Thurs., 9:30-10:30 a.m., April 17-June 21

Location: Friendship Center, Lap Pool

Fee: \$74R/\$77NR/\$53M (#13979)

Aqua Zumba (20 classes)

Zumba with the resistance of water.

(10 classes): Tues., 7-8 p.m., Apr. 17-June 19 (#14088)

Fee: \$44R/\$47NR/\$32M (Lap Pool)

Dates: Tues./Thurs., 8:15-9 p.m., Apr. 17-June 21

Fee: \$67R/\$70NR/\$50M (#14087) (Therapy Pool)

Location: Friendship Center

Aqua Zumba Cardio w/Sybil (20 classes)

Effective, fun, and invigorating workout. International music/dance in the water. The zumba craze with a wave. Equipment provided.

Dates: Mon./Wed., 6:15-7 p.m., Apr. 16-June 25

Location: Friendship Center, Lap Pool

Fee: \$67R/\$70NR/\$50M (#14131)

Aqua Intense Revolution Solution w/Sybil (20 classes)

An intense water workout in lap pool. Class participant can choose to be in the deep or shallow end of the pool and use shoes/belts or without equipment. Weights, noodles and exercise bands included to strengthen, tone and transform your body.

Dates: Mon./Wed., 5:30-6:15 p.m., Apr. 16-June 25

Location: Friendship Center, Lap Pool

Fee: \$67R/\$70NR/\$50M (#14130)

Keep It Movin'! w/Jennifer (20 classes)

Repeated simple movements create a go at your own pace — great easy water workout.

Dates: Tues./Thurs., 6-7 p.m., Apr. 17-June 21

Location: Friendship Center, Lap Pool

Fee: \$74R/\$77NR/\$53M (#14001)

Body Tone Workout w/Roxanne (10 classes)

Stretch, lengthen and tone muscles by using different exercise modalities, water equipment and more. Focus on abs.

Dates: Fri., 6:15-7:15 a.m., Apr. 20-June 22

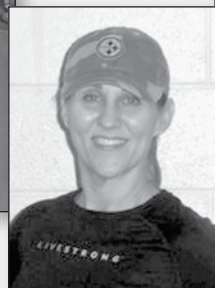
Location: Friendship Center, Therapy Pool

Fee: \$46R/\$49NR/\$32M (#14050)

PERSONAL TRAINING



DAVE



KAREN



BENTZ

BASIC FEES:

\$44 Member/\$49 Non-Member (per hour)

\$30 Member/\$35 Non-Member (per 1/2 hour)

New Buddy Training System (2 people w/trainer)

\$34 per Member/\$39 per Non-Member (per hour)

\$24 per Member/\$29 per Non-Member (per 1/2 hour)

New "6 pack" training card (purchase 6 at one time)

\$264 Member/\$294 Non-Member (per hour)

\$180 Member/\$210 Non-Member (per 1/2 hour)

Call 657-5635 for more information.

BENTZ, DAVE, KAREN

*Certified fitness professionals
for personal training.*

MASSAGE/WELLNESS

Swedish Massage

1/2 Hour — \$30 Member/ \$35 NM

1 hour — \$50 Member/\$60 NM

10 Session Package

Swedish — \$495 Member/\$585 NM

Deep Tissue/Neuromuscular

Pre-Natal Massage

Hot Stone Massage

Small Ball Therapy

1/2 Hour — \$40 Member/\$45 NM

Hour — \$70 Member/\$80 NM

10 Session Package

\$630 Member/\$720 NM

Reflexology

1/2 Hour — \$30 Member/\$35 NM

Hour — \$55 Member/\$65 NM

Neck & Shoulder Massage

1/2 Hour — \$35 Member/ \$45 NM

Chair Massage

\$1 Per Minute (When Available)



Janine



Margaretha